

40 Suicide Prevention Wisdoms

Realize...

1. empowerment is birthed from emotional intelligence.
2. we have much more to learn...we have more to unlearn.
3. if we are out of touch with ourselves - we cannot touch another.
4. any character defect we recognize is already half corrected.
5. our mistakes are our greatest opportunities for growth.
6. it's ALL personal...but don't take it personally.
7. popularity is not always the best thing.
8. we must move away from inferior elements because they make us feel inferior.
9. when we are down - we should go to a happy movie.
10. it is important to find people who feel better than we do.
11. drugs can kill.
12. grieving for someone who has died creates an opening for our own potential.
13. if we trust, we won't be depressed - if we're depressed, we are not trusting.
14. it is good to love for the sake of loving, not being loved.
15. it is imperative to fight darkened thoughts with strength and optimism.
16. though life can only be understood backwards it must be lived forward.
17. happiness can only be obtained if we do not have attachments.
18. success is found through determination and lost through confusion.
19. endings are also beginnings.
20. without love, life echoes emptiness, therefore love whenever we can.

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21. contentment comes from accepting life on life's terms.
22. there is nothing worse than an unfinished life.
23. the simple things are the most profound.
24. animals are the closest thing to the heavenly plan for humans.
25. too much of anything is truly too much of everything.
26. when someone leaves us, it usually means somebody better is coming.
27. success can only be achieved through failure.
28. though we must use our heads, the best decisions come through our heart.
29. obstacles are overcome by understanding the reasons behind them.
30. it is best to use judgement without judging.
31. people will love us the way we love ourselves.
32. we will love ourselves more by loving others.
33. without truth nothing can grow and thrive.
34. hope will keep us going when everything else fails.
35. we are important - no matter what we think.
36. darkness can only materialize if we let it.
37. peace of mind comes when we know the only thing we can control is ourselves.
38. fear can create trouble, yet it can be the thing that will keep us out of trouble.
39. anger can be used for great change, when used properly and intelligently.
40. the urgency of believing in miracles when things feel the most miserable.